 **Make sure you have a bottle of water ready to drink and that you warm up before starting the challenge. (Here is a suggestion for you)**

POMPEY’S MILITARY KIDS – SUMMER 2020

SCHOOL PE CHALLENGE (YR/Y1/Y2) SCHOOL NAME ………………………………………………………….…………..

CHILD’S NAME………………………………………………………………………….

CHILDS SCHOOL YEAR……………………………………………………………….

30 seconds jogging on the spot/30 seconds jumping jacks/30 seconds jogging on the spot/30 second heel flicks/30 seconds high knee sprinting on the spot. Go through this warm up twice.

|  |  |  |
| --- | --- | --- |
| ACTIVITY  | DESCRIPTION  | NUMBER ACHIEVED  |
| Static Balance  | How long can you balance on each leg for without moving or putting your foot down? (NO WOBBLING!)  | Right Leg Left Leg  |
| Speed Bounce  | Place rolled up towel on the floor. How many times can you do a two footed jump sideways over it for 30 seconds?  |  Jumps  |
| Ball Catch (\*if you haven’t got a tennis ball, use a rolled up pair of socks)  | Standing 2 metres apart from a partner (partner can be grown up or child) throw and catch the ball\* to each other. How many times can you catch the ball in 30 seconds?  |  Catch’s  |
| 20 Metre Sprint  | Sprint as fast as you can between 2 markers placed 20 metres apart. (This can be done either on grass or playground/pavement)  | Time taken to run 20 metres  |
| Clapping Jumping Jacks  | Every time you do a jumping jack put your hands above your head and do 1 clap. How many clapping jumping jacks can you do in 30 seconds?  |  Clapping Jumping Jacks |

Completed forms are to be sent to CPOPT Helen Richardson either via email – helen.richardson723@mod.gov.uk or via post to Executive Health Office, HMS Temeraire, Burnaby Road, Portsmouth PO1 2HB. All forms must arrive by Wednesday 15th July 2020.

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POMPEY’S MILITARY KIDS – SUMMER 2020

SCHOOL PE CHALLENGE (Y3/Y4/Y5/Y6) SCHOOL NAME ………………………………………………………….………..

CHILD’S NAME………………………………………………………………………….

CHILDS SCHOOL YEAR……………………………………………………………….

30 seconds jogging on the spot/30 seconds jumping jacks/30 seconds jogging on the spot/30 second heel flicks/30 seconds high knee sprinting on the spot. Go through this warm up twice.

|  |  |  |
| --- | --- | --- |
| ACTIVITY  | DESCRIPTION  | NUMBER ACHIEVED  |
| Sit ups | Both feet to be flat on the floor, keep your hands your ears. How many sit ups can you do in 30 seconds?  |  Sit Ups  |
| Speed Bounce  | Place rolled up towel on the floor. How many times can you do a two footed jump sideways over it for 30 seconds?  |  Jumps  |
| Burpees  | Start standing up, move to a press up position, then bring you knees to your chest, stand up, jump and repeat. How many Burpees can you do in 30 seconds?  |  Burpees  |
| 20 Metre Sprint  | Sprint as fast as you can between 2 markers placed 20 metres apart. (This can be done either on grass or playground/pavement)  | Time taken to run 20 metres -  |
| Plank  | How long can you hold yourself in a plank position? Remember to keep your back straight. You can choose to hold yourself on your hands or your elbows.  | Time in Plank -  |

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POMPEY’S MILITARY KIDS – SUMMER 2020

SCHOOL PE CHALLENGE (Y7/Y8/Y9/Y10) SCHOOL NAME ………………………………………………………….………..

CHILD’S NAME………………………………………………………………………….

CHILDS SCHOOL YEAR……………………………………………………………….

30 seconds jogging on the spot/30 seconds jumping jacks/30 seconds jogging on the spot/30 second heel flicks/30 seconds high knee sprinting on the spot. Go through this warm up twice.

|  |  |  |
| --- | --- | --- |
| ACTIVITY  | DESCRIPTION  | NUMBER ACHIEVED  |
| Sit ups | Both feet to be flat on the floor, keep your hands your ears. How many sit ups can you do in 1 minute?  |  Sit Ups  |
| Speed Bounce  | Place rolled up towel on the floor. How many times can you do a two footed jump sideways over it for 1 minute? |  Jumps  |
| Burpees  | Start standing up, move to a press up position, then bring you knees to your chest, stand up, jump and repeat. How many Burpees can you do in 1 minute? |  Burpees  |
| Press Ups  | How many press ups can you do in 1 minute? If you are struggling, do the press ups from your knees |  Press Ups  |
| Plank  | How long can you hold yourself in a plank position? Remember to keep your back straight. You can choose to hold yourself on your hands or your elbows.  | Time in Plank -  |

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